

Tops Tips to Prevent, Reduce, and Address Toddler Aggression

Cheat Sheet: Preventing Toddler Aggression

Ideas compiled from insight from our live webinar participants!



Modify the Environment

- During free play, limit the number of kids per activity so there aren't as many in one space
- Limit the toys available at one time (makes them more creative and play together better)
- Incorporate social emotional activities into circle time when it isn't the heat of the moment.

Reduce Stress

- Keep a schedule and incorporate rewarding routines
- Use timers, verbal reminders, and other cues to warn about transitions before they happen
- Play calm music
- Do "Cosmic Kids Yoga"
- Have a calm down area - for when they are over stimulated
- Get outside and into nature
- Model calm-down methods such as "Smell the flowers blow out the birthday candles" for deep breathing and "Blow out the 'mads'"
- Make sure basic needs are met such as enough rest/down time and giving food and snacks at regular intervals

Give Positive Attention

- Increase the amount you interact with them
 - Ask them questions
 - Get down on the floor with them
- Acknowledge their emotions
- Be calm and breath
- Watch for cues of things escalating and provide assistance *before* the aggression occurs
- Redirect the child if they are entering into a situation that may trigger the aggression
- Keep providing novel and interesting experiences in your environment (rotating toys, for example, introducing a new toy, etc.)
- Be silly and have fun, playing with the children and modeling play skills

Do Intentional Activities

- Provide sensory activities such as coloring, painting, puzzles, play-doh, and bubble time
- Read books about different behaviors
 - Mouse is Mad
 - "Best Behavior Series Books such as "Hands are Not for Hitting" & "Teeth are Not for Biting"



Provide Opportunities for Physical Movement

- Take a walk, stomp feet, or jump up and down
- Hug themselves tight
- Play movement games like "Red light, Green Light"
- Have a "Dance Party" and do songs like the freeze song dance
- Incorporate movement into song/ book time

